



Every Woman Counts, Every Year!



BREAST CANCER NEWS

Summer 2000

Orange
County
Breast Cancer
Partnership



*Women 40 years of age
and older!*

Change in Minimum Age for BCEDP Screening Mammograms

*By Angelina Sandoval,
Health Education Associate*

As of December 1, 1999, women served by the Breast Cancer Early Detection Program (BCEDP) are eligible to receive yearly screening mammograms beginning at age 40. This change is consistent with screening recommendations of both the American Cancer Society and the National Cancer Institute. This change also applies to the federally funded Breast and Cervical Cancer Control Program (BCCCP).

In the past, the Cancer Detection Section (CDS) only paid for mammography screening for women ages 40 to 49 only if they had a personal or a family history of breast cancer or if they had symptoms. Under this new policy however,

BCEDP providers are now permitted to routinely offer screening mammography to women ages 40 to 49 regardless of the criteria they followed previously.

Please note, however, that BCEDP is still intended to primarily serve women over 50, since approximately 80 percent of breast cancers are found in that group. For this reason, all BCEDP outreach and education efforts, as well as in-reach to establish patients, should continue to focus on women over the age of 50.

If there are any questions regarding the BCEDP enhancement, please call Josephine Mina, Clinical Services Coordinator at (714) 834-7584.

BCEDP Case Management

By Josephine Mina, Clinical Services Coordinator

The Partnership presented the second module dealing with providers and the women who come to them for screening and diagnostic services. The course was held on Wednesday, January 26, 2000 and was hosted by the Susan G. Komen Breast Cancer Foundation at their Costa Mesa office. We reviewed the elements of case management within BCEDP. We also presented three breakout sessions: tickler training on tracking and follow-



*Josephine Mina, Clinical Services Coordinator
Reviewed BCEDP Case Management.*

*Breast
Cancer
News*

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“Promotores are highly effective at helping others help themselves.”



Latino Health Access and the Partnership Promote Breast Health Among Underserved Latinas

By Angelina Sandoval, Health Education Associate

The newest Partnership subcontractor, Latino Health Access (LHA), is an award-winning, non-profit community-based organization serving Orange County Latinos for many years. Their mission is to assist in improving the quality of life and health of uninsured, underserved people through quality preventive services and educational programs, emphasizing full participation and responsibility in decisions affecting health. The agency has “promotores” who are community health workers—local residents who have been trained to lead the communities they serve. The “promotores” are highly effective at helping others help themselves.

LHA has recently taken this concept one step further by partnering with the Orange County Breast Cancer Partnership to promote breast health awareness and link underserved Latinas to BCEDP services. In order to accomplish these objectives, eleven “promotores” were trained as Breast Health Facilitators. The all-day training, conducted entirely in Spanish, was held on February 18th. The training included an overview of the Partnership, incidence and mortality rates, risk factors, how breast cancer affects Latinas, prevention strategies, early detection, treatment, community resources and BCEDP eligibility determination. By June 30, 2000, LHA plans to conduct 25 breast health awareness workshops and prequalify and refer at least 100 eligible participants to BCEDP providers. For more information, please contact Gerry Balcazar, Project Coordinator at: (714) 542-7792.



*Angelina Sandoval, Health Education Associate
Trained the “Promotores” on the proper method for Breast Self
Examination (BSE).*



*Raúl Sobero, Program Supervisor
Reviewed BCEDP eligibility*



Clinical Breast Examination (CBE): Proficiency and Risk Management for Healthcare Providers

By Shermineh Jafarieh, Course Coordinator

The Clinical Breast Examination (CBE): Proficiency & Risk Management course was present-

ed for the third time in Orange County on February 5, 2000, at the Breast Care Center at St. Joseph Hospital. The course was co-sponsored by the Department of Health Services-Cancer Detection Section, Susan G. Komen Foundation, and the Breast Care Center. The development of the CBE course was prompted by the increasing attention early detection of breast cancer has received in the past decade. Clinical breast examination (CBE) and mammography are the primary methods of breast cancer screening. The CBE is an important component of the screening process. However, many women do not have access to a high quality breast examination. In reference to recent research concluding the need for standardization of CBEs, the Department of Health Services-Cancer Detection Section (CDS) designed this skill-based continuing education course with standardized patients to improve the clinical skills of primary care providers (PCPs). The

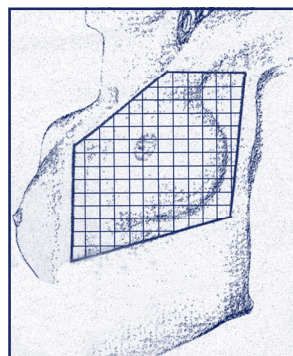
Clinical Breast Examination (CBE): Proficiency & Risk Management course has now been implemented statewide for over three years. The Clinical Breast Examination (CBE): Proficiency and Risk Management training is a 7 hour course aimed at increasing PCP's awareness of patient



*Dr. Carpenter
Reviewed CBE techniques with Dr. Canchola*

satisfaction and risk management issues related to breast cancer screening and diagnosis, enhance knowledge of the essential elements of a comprehensive clinical breast examination, and improve the skills in 1) lump detection and discrimination on manufactured breast models and 2) techniques for conducting a clinical breast examination. The course includes didactic lectures, demonstrations, small group discussion sessions, and a one-on-one

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*The Orange County
Breast Cancer Partner-
ship will be offering
another CBE course on
Saturday, June 24, 2000
at St. Joseph Hospital.*

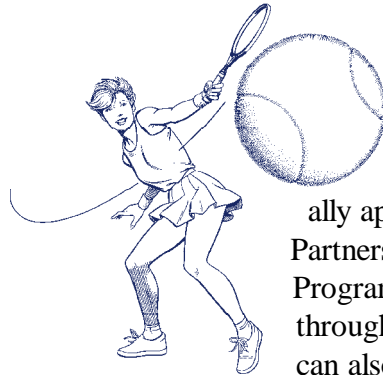


Course debriefing with Patients Instructors, and staff.



YMCA Collaborates with the Partnership and offers Healthy Lifestyle Programs

By Angelina Sandoval, Health Education Associate
and Stacey Johnson, Director of Membership and Physical Education



The Central Orange Coast YMCA and the Orange County Breast Cancer Partnership have come together to offer Healthy Lifestyle Programs which are held at the YMCA. The YMCA will offer assistance to Program-eligible women to engage in safe, affordable physical activity opportunities that are culturally appropriate. Any Program-eligible woman referred by the Partnership can sign up for the "Lifestyles for Living" 12-week Program free of charge, which includes a YMCA membership throughout the length of the program. Program-eligible women can also join the YMCA, or continue their membership upon completion of the 12-week Program, at up to 50% off the normal membership fees through the YMCA Financial Assistance Program.

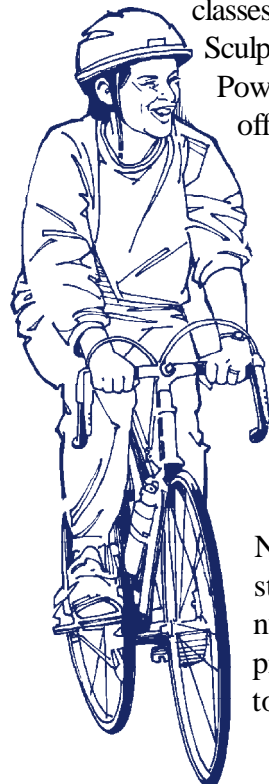
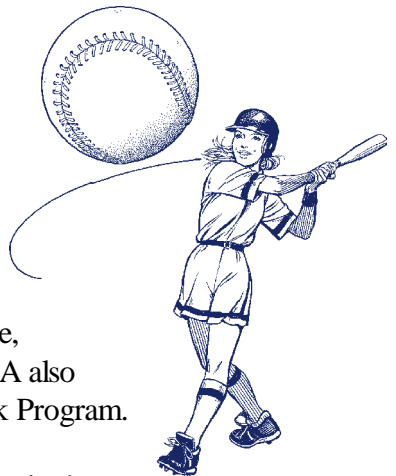
Since it has become increasingly recognized that stress, poor nutrition and the lack of exercise may contribute to many of the diseases affecting both men and women, we are pleased to offer a personalized, structured program to improve your health and well being.

A few activities the YMCA has to offer include: Karate and Yoga; Aquatics: Lap Swim, Youth Lessons, Aqua Fitness, Rec Swim, and Family Swim; Group Fitness classes: Active Adults, Cardio Blast, Power Sculpt, Step, Step 'n' Sculpt, Stretch 'n' Tone, Power Stretch and Kickboxing. The YMCA also offers the "Lifestyles for Living" 12-week Program.

The "Lifestyles for Living" Program is designed to improve your health through education, nutrition and fitness. You will learn about the relationship between stress and your health: how your immune system is affected and how behavior modification and positive imagery can improve your health. Motivational skills, biofeedback and relaxation techniques are other methods you will use to enhance your well being.

Nutrition plays a vital role in one's health. Throughout the Lifestyles program, you will learn more about the basic concepts of nutrition such as: the food guide pyramid, the ideal carbohydrate-protein-fat diet, calculating meal plans, snacks and fast foods, how to order healthy when eating out, the supermarket tour and how to

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YMCA

We build strong kids,
strong families, strong communities



Breast Cancer Support Group News



Latinas do not have a high incidence of breast cancer but because of lack of knowledge in regard to early detection for breast cancer they have a high mortality rate.

Orange County Benefits from Breast Cancer Support Groups in Spanish

By Angelina Sandoval, Health Education Associate

Dora Rodriguez is not only a breast cancer survivor but also a Partnership minigrant recipient. She is helping Latinas in Orange County by holding breast cancer support groups in Spanish. Dora has been a survivor for 5 years and it was at the very hospital where she had her surgery where she was called to assist as an interpreter for Latinas who had been diagnosed with breast cancer. She soon noticed a pattern; the lack of information the women had. As she helped interpret, Dora came across women who had found a lump and had waited sometimes up to 3 years before going to a health care provider. They did not realize this could be very serious. Many did not know how to do a monthly breast self-examination. Others did not know that as soon as they detected a change in their breasts they should have sought medical attention.

According to the American Cancer Society, in 1999, there were approximately 175,000 new cases and 43,000 deaths of breast cancer in the United States.

It was also found that in a population of 100,000 people, there were 124.7 Whites, and 64.2 Latinas, who developed breast cancer. Latinas do not have a high incidence of breast cancer but because of lack of knowledge in regard to early detection for breast cancer they have a high mortality rate.

In November 1997, Dora began a breast cancer support group in Spanish called, "Grupo de Apoyo del Cáncer de Seno". In 1999, she became a Partnership minigrant recipient in an effort not only to inform the Latinas of Orange County about breast

cancer but also to emotionally assist them through their disease. Dora's objectives include, conducting breast health seminars, maintain three "Grupos de Apoyo" (support groups), establish a new "Grupo de Apoyo" (support group) at Saddleback Hospital, at least 50 Latina breast cancer patients from Orange County will become a member of one of the three "Grupos de Apoyo" (support groups), translate or develop three breast cancer information brochures in Spanish, conduct five breast health presentations at Latino community events, and to promote breast cancer early detection screenings and provide breast health information in Spanish. Dora has been interviewed by the "Excelsior" Newspaper and by the "Latino News" Cabel Channel in an attempt to reach out to the Latinas in Orange County and to reach her goals.

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Currently, Orange County has one Spanish speaking Breast Cancer Support Group facilitator, who is Dora Rodriguez. Dora has three support groups throughout Orange County.

Breast Cancer News

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“Happy New Year!” to the Vietnamese Community

By Angelina Sandoval, Health Education Associate

The Tet-Festival or the Vietnamese New Year Festival was held on the weekend of January 29th and 30th.

The Festival was held for the second time in Westminster. The event included traditional Vietnamese food, shows, games, rides and exhibit tables. The Orange County Breast Cancer Partnership had an exhibit table at the Festival. Approximately, 500 pieces of information were given out to this community and thousands visited the Partnership booth. The successful distribution of materials was partly due to the Vietnamese volunteers who worked at the booth as well as other volunteers. Data from the California Cancer Registry show breast cancer is the leading site for cancer incidence and mortality for Asian Pacific Islander (API) women in the nation. The API have the lowest rates of screening for cancer of all ethnic groups, and low levels of knowledge regarding the use of clinical and breast-self examination. For this reason, the Partnership had a booth at the Festival informing the Vietnamese community about the Partnership and the services it offers.

If you are 40 years old and over you may qualify for a FREE clinical breast exam, mammogram and diagnostic tests.

Call (800) 511-2300 to find out if you are eligible.



Partnership volunteers Tricia Nguyen, and Loi Le and staff member Angelina Sandoval working at the Tet-Festival booth.

Breast
Cancer
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Y-ME: Pathways into the Latino Community

By Angelina Sandoval, Health Education Associate

Y-ME held a conference, its focus was on Latinas and breast cancer.

The conference took place on March 3rd and 4th, 2000, at the Crown Plaza Redondo Beach & Marina Hotel in Redondo Beach. Y-ME National Breast Cancer Organization is a non-profit organization that was founded over 20 years ago by two breast cancer survivors. Their



Catalina Ramos, M.D. Y-ME's Director of Services for Special Populations, reviewing a successful method for serving the Latino community.

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Breast &
Cervical
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News



CDS Holds its First Breast and Cervical Cancer Clinical Update

By Angelina Sandoval, Health Education Associate

The California Department of Health Services (CDS), Cancer Detection Section held its first "Breast and Cervical Cancer Clinical Update". The Update was on September 21-23, 1999, in San Diego at the Island Palms Hotel & Marina. The purpose of the event was to update clinical staff on issues and concerns which had been voiced by them previously.

There were different topics CDS wanted to cover during the two day conference. The issues discussed on the first day included: Primary Care Screening, Cervical Cancer, Primary Care Through Diagnosis, Breast Imaging Studies, The

Radiologist's Role, and Managing Health Care Delivery Systems to Improve the Quality of Services. The topics discussed on the second day were: Pathology of Breast Abnormalities, Federal and State Requirements of the Laboratory in Evaluating Tissue Samples, Surgical Care of the Breast Cancer Patient from Biopsy to Reconstruction, and, Just When I Got It, They Changed it: Mammography Regulation Update.

The Clinical Update was beneficial to all who attended because the issues which were covered were of most concern to the Partnerships.

Breast &
Gynecological
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California Breast and Gynecological Cancer Treatment Task Force discusses affordable treatment after the year 2001

By Angelina Sandoval, Health Education Associate

The California Breast and Gynecological Cancer Treatment Task Force started as a group of nine organizations committed to ensure there is funding available for breast and gynecological cancer treatment for low-income, uninsured and underinsured women. There is a strong concern that underserved women may not have anywhere to go to for affordable treatment beyond the year 2001. In an effort to gain input from advocates and health care providers, the Task Force held eight meetings throughout California. The meeting held in Orange County was on February 13, 2000, at Rancho Santiago College in Santa Ana. The meeting touched

...[Underserved] women may not have anywhere to go to for affordable treatment beyond the year 2001.



Concerned public learns about affordable treatment after 2001.

Continued on p.8



Stars Needed! Largest Breast Cancer Prevention Study Ever!

Researchers at the University of California, Irvine are now recruiting volunteers for one of the largest breast cancer prevention studies ever conducted. Called STAR, the study will determine whether the osteoporosis prevention drug raloxifene is as effective in preventing breast cancer as tamoxifen has proven to be. The trial is expected to include 22,000 women across the country, Puerto Rico, and Canada.

Women who participate in STAR must be postmenopausal, at least 35 years of age, and have an increased risk of breast cancer as determined by various factors such as age, family history, and personal medical history. Once a woman chooses to participate, she will be randomly assigned to receive either tamoxifen or raloxifene daily for five years. She will also have regular follow-up examinations, including mammograms and gynecologic checkups. Tamoxifen and raloxifene are provided free of charge to study participants.

UCI Medical Center is the only coordinating site for STAR trial in Orange County. Medical centers affiliated with UCI in the study include Long Beach Memorial, Kaiser Bellflower/ Baldwin Park and Saddleback Memorial Medical Center. STAR is a study of the National Surgical Adjuvant Breast and Bowel Project (NS-ABP), a network of research professionals, and is supported by the National Cancer Institute.

STAR participants can also choose to take part in an optical trial, which studies the use of non-invasive methods for monitoring changes in breast tissue.

Ultimately this information may be used to predict the efficacy of hormone therapy and enhance understanding of breast physiology.

To participate in STAR or for more information, call (714) 456-STAR or e-mail Donna Jackson at djjackso@uci.edu.

For information regarding the optical study, contact Albert Cerussi at (949) 824-4713 or acerussi@bli.uci.edu.



Affordable treatment after 2001 (from p.7)

on topics such as the Treatment Fund, Endowment Grant, Legislation, Principles for the Treatment Program, Treatment Program Administration, Universal Access to Health Care, and information regarding the California Legislature.

BCEDP Case Management (from p.1)

up systems, the Breast Cancer Treatment Fund, and billing issues. The participants rated the course quite highly and commented that the course was "very informative" and "helped to clear a lot of doubts". We will be presenting this module again soon. Keep your eye on the brochure to sign up. Spaces will be limited.





Quality of Life in Older Women with Breast Cancer

Older women with breast cancer remain an understudied group, despite the aging of the U.S. population. Issues specific to aging, such as concurrent chronic medical conditions, decreased physical and physiologic functioning, diminished social support, and limited financial resources, may play a significant and competing role in the older breast cancer patient's quality of life. As the population of older women with breast cancer grows, it will become increasingly important to find ways to maintain or improve these patients' health and functioning. However, there is a paucity of information about the health and psychosocial support needs of older women diagnosed with breast cancer.

Within the population of older women, ethnic minority women may share an unequal cancer burden, as recently reported by the Institute on Medicine. An essential aspect of this study is oversampling for African American and Latina older women with breast cancer, so that ethnic and cultural differences can be elucidated.

The overall goal of this project is to assess the psychosocial and informational needs of older women newly diagnosed with breast cancer, with the ultimate aim of developing culturally sensitive interventions that address those needs. The specific aim of the study is to conduct a questionnaire survey of 300

Eligibility Criteria:

- Women must be 55 years and older
- We'd like to interview women within 6 months of diagnosis of breast cancer; women more than 6 months post diagnosis may be eligible if they are no more than 2 months post treatment
- All stages of breast cancer are acceptable
- This must be a first time diagnosis of breast cancer
- Any kind of breast cancer treatment is acceptable for our study
- We strongly encourage Spanish speaking women to participate

To participate, or for any other questions or clarifications please call Katherine Arnett or Sofia Solis at the "Quality of Life in Older Women with Breast Cancer" office at (310) 794-6096.

English- or Spanish-speaking women 55 years and older diagnosed with breast cancer within the previous 6 months or one month post-treatment, of whom half will be African American and Latina women. Participants will undergo a one-hour interview either in person or over the phone about their informational and psychosocial needs. They will be compensated \$30 for their time and have the opportunity to influence and improve the future medical care of older women with breast cancer.

The overall goal of this project is to assess the psychosocial and informational needs of older women newly diagnosed with breast cancer



Minigrants Increased to \$10,000

By Jyoti Trueman, Minigrant Coordinator

You will see some major changes in minigrant funding this coming Fiscal Year. First, a major effort has been made to simplify the Request for Proposals (RFP) packet. The new RFP was released in late April. Second, proposals for breast cancer outreach and education services in Fiscal Year 2000-2001 will be eligible for up to \$10,000 in funding (in the past, only \$5,000 per award was available). Third, applicants are no longer restricted from receiving more than \$10,000 in a 12-month period. These changes are a result of feedback from the Orange County Breast Cancer Partnership's Executive Council, past and present minigrantees, and members at large, and the lifting of some restrictions by the State.

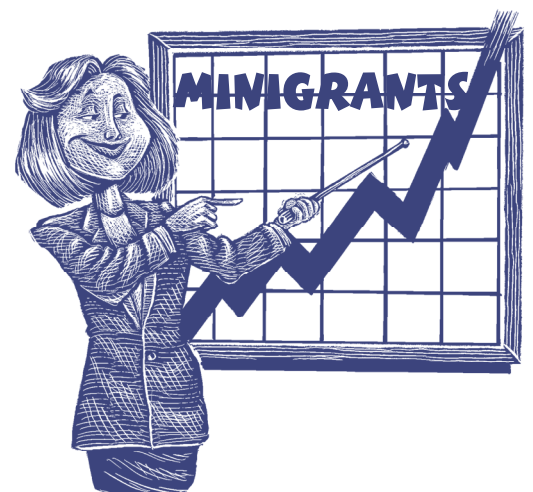
BCEDP Partnerships throughout the State, including the Orange County Breast Cancer Partnership, are mandated to allocate 14% of their budget for community minigrants. Minigrants provide funding to organizations for the development and implementation of programs/activities which will promote, and result in 1) the increased utilization of, annual breast cancer screening/rescreening and early detection measures, and 2) the practice of healthy lifestyles, by women fifty (50) years of age and older.

Minigrants/subcontracts were awarded in fiscal year 1999-2000 to the following:

- Latino Health Access to incorporate breast health education into their promotora (peer educator) program.
- Southern California Indian Centers, Inc. for breast cancer outreach and education services targeting Asian Pacific Islander and Native American women via a special hula event and traditional basket weaving circles.

- Trudy Grossman for breast health education targeting women 40 and older.
- Dora Rodriguez for breast health education targeting Spanish speaking women and for Spanish language support groups for monolingual women diagnosed with breast cancer.
- Vietnamese Community of Orange County, Inc. for radio programs and outreach and education activities targeting Vietnamese-American women 40 and older.

Minigrantees/subcontractors will share their experiences and present more detail on their activities at the June 28th General Partnership meeting. Congratulations and thank you to the 1999-2000 Minigrant awardees. To obtain a copy of the new RFP, contact the OCBCP at (714) 796-0155. Good luck to all applicants!





The Avon Breast Care Fund

The Avon Breast Care Fund (formerly known as The Avon Breast Health Access Fund) is designed to support community-based programs that provide breast health education and early detection services to underserved women. Funds are available through a competitive application process. The last round of application solicitations was distributed beginning April 1, 2000. You may download The Avon Breast Care Fund Request for Proposal:

You may also contact:
 Avon Breast Care
 Fund Coordinating Center
 505 Eighth Ave, Suite 2001
 (212) 244-5368, phone
 (212) 695-3081, fax
Webmaster@avonbreastcare.org



Upcoming Events

For the OCBCP Provider...

n **BCEDP Provider Billing Classes:**

To assist providers in billing the BCEDP for screening and diagnostic services.

Tuesday, July, 18, 2000 9:00 a.m.-10:30 a.m.

Roundtable Discussion for Billing Issues/Concerns

Tuesday, September 19, 2000 9:00 a.m.-12:00 noon

Beginning Billing

Tuesday, November 14, 2000 9:00 a.m.-10:30 a.m.

Roundtable Discussion for Billing Issues/Concerns

****** These classes will be held at:

GSA Data Center

1400 South Grand Ave., Santa Ana.

For more information or to RSVP, please call Gina Quiroz at (714) 796-0155. Refreshments will be provided.

n **Clinical Breast Examination (CBE) Module Training**

Saturday, June 24, 2000 8:00 a.m.-3:00 p.m.

Location: St. Joseph Hospital, Orange

For more information or to RSVP, please call:

Sherrineh Jafarieh at (714) 796-0157

Orange
 County
 Activities



Breast Cancer News

Save The Date

June–August, 2000

n **General Partnership Meetings**

Wednesday, June 28, 2000

6:00-8:00 p.m.

Location: Susan G. Komen Breast Cancer Foundation
3191-A Airport Loop Drive, Costa Mesa

For more information or to RSVP, please call:
Gina Quiroz at (714) 796-0155.

n **Executive Council Meetings**

Wednesday, Sept. 13, 2000

12:00-3:00 p.m.

Location: GSA Data Center
1400 S. Grand Ave., Santa Ana

For more information or to RSVP, please call:
Ruth Barnett at (714) 834-5736.

n **Asian Pacific Islander Task Force Meetings**

Wednesday, July 19, 2000

12:00-2:00 p.m.

Location: Vietnamese Community of Orange County (VNCOC)
5015 W. Edinger, # K - L, Santa Ana

For more information or to RSVP, please call Ruth Barnett at
(714) 834-5736.

n **OC African American Women's Health Coalition Meetings**

Monday, June 26, 2000

6:15-8:15 p.m.

Monday, July 24, 2000

6:15-8:15 p.m.

Monday, August 28, 2000

6:15-8:15 p.m.

* All of these meetings will be held at:

OCBCP Conference Room
12 Civic Center, Plaza #127, Santa Ana

For more information or to RSVP, please call Sybella Patten at
(310) 764-9155 or Angie Sandoval at (714) 834-6194.

*Orange
County
Activities*



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News

Clinical Breast Examination (CBE): Proficiency and Risk Management for Healthcare Providers (from p.3)

practicum with a faculty and a standardized patient.

Our recent course was well received, participant post-course evaluations were outstanding. The faculty team received extremely high appraisal from the participants. Our line up of didactic faculty were Dr. John West, guest speaker and co-sponsor from the Breast Care Center, who presented the Work-up of Abnormal Findings, Dr. Gary Levine, a local radiologist for West Coast Radiology Center and BCEDP provider, who presented Anatomy and Physiology, Dr. Michele Carpenter, a surgeon from Scripps Hospital in La Jolla, who presented the Introduction to CBE and Risk Management, Julie Beck, RN, MSN, OCN, from the Mission Regional Breast Care Center in Mission Viejo, who presented the Health History/Risk Assessment; Patient Education; Plan of Action/Normal Findings, and Debra Lawler, MSN, FNP, a BCEDP Provider, who presented the Group Practicum on Manufactured Breast Models. The course also had a group of Practicum Faculty for the one-to-one with the patient instructor. It's continuing success throughout the state has prompted Breast Cancer Partnerships to present CBE courses more frequently throughout the year. The Orange County Breast Cancer Partnership will be offering another CBE course on Saturday, June 24, 2000 at St. Joseph Hospital. Health care providers may report 5 CME credits. Class space is limited. Please register early to ensure seating. You may call Josephine Mina at the Breast Cancer Partnership for more information

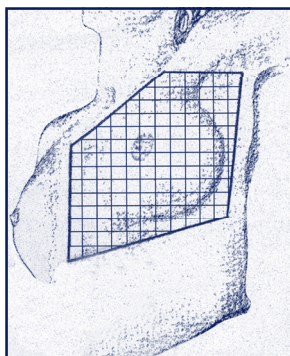
and to register. The course registration fee is \$15 (please make checks payable to the OC Breast Cancer Partnership). You may call us directly at:

(714) 834-7584

or

(714) 796-0155

to register.



*Rebekah Miranda, FNP, MSN
Reviewed CBE techniques.*



*Debbie Lawler, FNP, MSN
Presented the proper pattern of search.*

*Continued
News*

Y-ME: Pathways into the Latino Community (from p.6)

mission is to decrease the impact of breast cancer, create and increase breast cancer awareness, and ensure, through information, empowerment, and peer support, no one faces breast cancer alone.

Y-ME has a Latino Services Program designed to meet the cultural and linguistic needs of the Latino community living in the United States. The services that are available include a toll-free hotline in Spanish, educational brochures, breast cancer awareness workshops, workshops for health care professionals, volunteer opportunities, bilingual newsletter, support groups, and support for men who are affected directly or indirectly by breast cancer.

The two day bilingual conference was well attended, there were people from different areas of the United States like Washington DC, Illinois, New York as well as Puerto Rico. The first day began with a seminar on "Cancer and Culture". The morning break out sessions included, "The Nuts and Bolts of Breast Cancer", "Breast Cancer in the Latino Community", "Teen Program", "Complimentary/Alternative Medicine Vs. Traditional Medicine", "Serving the Latino Community", and "Breast Cancer from Beginning to End". The afternoon break out sessions included topics such as, "Family Relationships," "From patient to survivor", "Clinical Trials", "Breast Reconstruction after Mastectomy", "Advocacy 101", and "In My Shoes". The break out sessions on the second day included topics such as, "Impact of Immigration", "Barriers to Services", "The Legal Aspects of Breast Cancer", "The Children of Breast Cancer Survivors", and "Intergenerational Changes".

Congratulations to Y-ME, the conference was a success! It was informative, and eye opening, everyone who attended left with a lot of information they can use in their professional lives as well as in their personal lives.

Y-ME Headquarters office:

212 W. Van Buren Street, 5th floor
Chicago, IL 60607
Phone #: (312) 986-8338

Web address: www.y-me.org

Hotlines: 24 hours a day, 7 days a week
(800) 986-9505 (Spanish)
(800) 221-2141 (English)

Y-ME

*...ensuring, through
information,
empowerment, and peer
support, no one faces
breast cancer alone.*



*Eve Sanchez Silver, P.A.
Discussing breast cancer in the Latino Community*

Breast Cancer News

*Continued
News*

Orange County Benefits from Breast Cancer Support Groups in Spanish (from p.5)

Dora's support group in Placentia changed location effective 5/8/00. The old site was at the Whitten Center and the new location is at Placentia-Linda Hospital.

Spanish Breast Cancer Support Group Locations:

- **Comprehensive Breast Center, Conference Room**
Western Medical Center
999 N. Tustin Ave. Ste. #209,
Santa Ana
(714) 953-3500 X- 2259
(English speaking)
The support groups are held the 2nd and 4th Monday of every month from 10:30 a.m.-12:00 noon.
- **Memorial Care Breast Cancer, Conference Room**
24401 Calle de la Louisa, Ste #200, Laguna Hills
(949) 452-7200 (English speaking)
The support groups are held the 2nd and 4th Monday of every month from 7:00 p.m.-8:30 p.m.
- **New Site (Effective 5/8/00): Placentia-Linda Hospital**
1301 Rose Drive, Placentia
(714) 993-2000
The support groups are held the 2nd and 4th Monday of every month from 2:30 p.m.-3:30 p.m.

**For more information or to speak with Dora directly, please call:
(714) 201-7869.

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News*

YMCA Collaborates with the Partnership and offers Healthy Lifestyle Programs (from p.4)

prepare delicious meals that are easy, inexpensive and delicious.

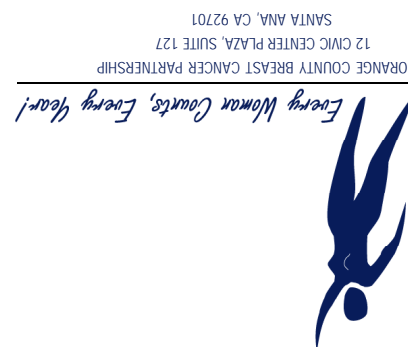
If you would like to try any of these programs, visit the YMCA.

You will undergo an evaluation of your current lifestyle and receive a personal exercise plan, which includes aerobic conditioning, strength training and flexibility training to improve your level of fitness. A personal coach will assist you and monitor your weekly progress.

You may also attend lectures and seminars presented by physicians, nurses, dietitians and exercise physiologists, speaking on the relationship of lifestyles and disease prevention.

For more information, contact Stacey Johnson, Director of Membership & Physical Education at the Central Orange Coast YMCA at (949) 642-9990.

Together we will embark on a journey to a healthier lifestyle.



Questions?

Call the Orange County Breast Cancer Partnership

Main Number	(800) 298-0800
Fax Number	(714) 834-5053
Raúl Sobero Project Coordinator	(714) 834-3695
Josephine Mina, RN, BSN, Supervising PHN Clinical Services Coordinator	(714) 834-7584
Sharri Mahdavi, RN, BS Clinical Services Representative, BCTF–Contact	(714) 834-6193
Angelina Sandoval, BS, CHES Health Education Associate	(714) 834-6194
Ruth Barnett Project Support	(714) 834-5736
Gina Quiroz Project Support	(714) 796-0155
Juanita Rios Patient Relations Specialist	(714) 834-6607
Billing Support Unit <i>for billing inquiries and issues; enrollment; claim form submission or reimbursement</i>	(800) 330-1536

The Orange County Breast Cancer Partnership is located at:
12 Civic Center Plaza, Suite #127, Santa Ana, CA 92701.

Quarterly Quote—

“Yesterday was the past.

Tomorrow is the future.

*Today is a gift, that is why it is
called ‘The Present!’”*

—Anonymous

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